

Hybrid WFR & WEMT Recertification Course (18-20 hrs)

Part 1

Independent Study

General Presentations

- Course Introduction & Medical/Legal Concepts
- General Concepts in Patient Care
- Body Defenses
- Basic Pharmacology
- Patient Assessment System

Trauma Presentations

- Introduction to Trauma
- Increased ICP & Concussion
- Bleeding & Volume Shock
- Respiratory Distress & Arrest
- Stable & Unstable Extremity Injuries
- Spine & Cord Injuries
- Dislocations
- Wounds
- Focused Spine Assessment

Environmental Presentations

- Dehydration
- Heat Illnesses
- Sun Exposure
- Hypothermia
- Cold Injuries
- Drowning
- Allergies
- Wilderness Toxins
- Anaphylaxis
- Lightning Injuries
- Acute Mountain Sickness
- Diving Injuries
- Sea & Motion Sickness

Medical Presentations

- Infectious Diseases
- Circulatory System Problems
- Respiratory System Problems
- Gastrointestinal System Problems
- Genitourinary System Problems
- Diabetes
- Asthma
- Seizures
- Ear Problems
- Eye Problems



Part 2

Practical Session (20 hrs)

Day 1: 8 am-5:30/6 pm (8-9 hrs)

- Course Introduction
- Basic Life Support Simulations
- Extremity Splinting Lab
- Review SOAP Evaluation Process
- Review Physical Exam & Focused Spine Assessment
- Traumatic Simulations
- Case Study Homework

Evening Session (2 hrs)

- Adult & Child Wilderness CPR/AED Skills Lab

Day 2: 8 am-5:30/6 pm (8-9 hrs)

- Case Study Homework Review
- Spine Management & Hypothermia Packaging Lab
- Dislocations Lab
- Traumatic Simulations
- Allergies, Anaphylaxis, & Toxins Review
- Environmental & Medical Simulations
- Course Debrief & Closing
- Clean-up

General Course Information

Wilderness Medicine Training Center International's Wilderness First Responder certification exceeds the minimum WFR Scope of Practice guidelines established by the Wilderness Medicine Education Collaborative; there are no Scope of Practice guidelines for Wilderness EMT. In order to recertify your WEMT *and* remain certified as a WEMT, you must have a current NREMT certification or state EMT license. When you have successfully completed WMTC's standard WFR & WEMT Recertification course, you will receive a WMTC WFR or WEMT certification card; the card acknowledges that you have successfully demonstrated the skills presented during your course according to the above practice guidelines. You will also receive a WMTC Epinephrine certification card confirming that you have been taught how to treat anaphylaxis with injectable epinephrine; some states require an epinephrine certification to permit you to carry and use epinephrine for the emergency treatment of anaphylaxis. And, you will receive a WMTC Adult & Child/AED Wilderness CPR certification. It is your responsibility to stay current with both your understanding and practice. You may continue to recertify via a WMTC WFA, WAFA, WFR & WEMT Recertification, or by taking your original course again. You must recertify before your certification expires; there is no grace period.

Our hybrid WFR & WEMT Recertification course requires you to successfully complete our online WFR & WEMT Recertification exams prior to attending the practical session. Use the Wilderness Medicine Handbook and the WFR & WEMT Recertification website to prepare for your online exams and practical session. Access to the course website and your online exams will be sent to you via email from our office; complete directions are on the homepage of the course website. *If you do not receive your login information within a few days of registering for the course, please contact our office.*

Course tuition includes instruction, our water-proof, tear-resistant field manual *the Wilderness Medicine Handbook*, our Patient SOAP notes and access to the hybrid WFR & WEMT Recertification website and your online exams. If you haven't already done so, please download and read a copy of our student handbook.

Part 2 WFR & WEMT Recertification Course Lab Descriptions

- Basic Life Support Review & Simulations: Addresses all elements of the Scene size-up and Initial Patient Exam.
- Adult & Child WCPR/AED Skills Lab: Obstructed airway, Adult & Child Wilderness CPR, and AED instruction, manikin practice, and certification.
- Extremity Splinting Lab: Padded aluminum splints and expedition supplies are used to improvise effective extremity splints using the buddy, cast, jelly roll, sandwich splint concepts. Bring a cut T-shirt roll and a pair of heavy hiking socks; the socks will not be cut.
- SOAP Evaluation Process: Review SOAP documentation and evaluation process in preparation for full simulations.
- Focused Spine Assessment Lab Review: How to assess and rule out possible spine injuries in a wilderness context.
- Dislocations Lab: Review relocation techniques for indirect anterior shoulder, lateral patella, digits, and jaw dislocations.
- Spine Management & Hypothermia Packaging Lab: Lifting, moving, and packaging potentially spine-injured patients lying on their back and side in a commercial or improvised litter and/or stretcher in a hypothermia package.
- Simulations: Role plays incorporating patient assessment & documentation. Make-up is used to increase the reality of traumatic simulations and cutable simulation clothing is required.